

Michel Adams-Miller

04/25/2021

9:45pm- 10:02pm

It was the name of the movie Doubt, that made me felt compel to watch it. Growing up I was confident of who I am. Whenever I decide, I was able to, most often felt that I had made the right decision. Then I had an experience where I was constantly misjudged, to the point where I found myself believing that the person who repeatedly accused me wrongfully was right. This resulted in me overthinking, always in doubt about what to do, and my decisions were often influenced by someone else opinion. This movie made me realize the damages, that can result from mere suspicions. That to prove suspicions as being true, people also resort to lies, to make you feel guilty. I do believe it is okay to be suspicious, but we need to be careful not to rush to cast judgment on others without concrete evidence. Not only can this affect the person's reputation, but we can be haunted by lingering guilt. In my situation, an apology was offered, which I did accept, but the effects of the damage done still hurt my life. However, my decision to forgive has made my healing process less painful.